



Support Tools & Education for Parents
 ADAPTED FOR KINSHIP, FOSTER AND ADOPTIVE PARENTS

**Want to build a stronger, healthier family?
 Are you raising other people’s children?**

ENROLL IN FREE CLASSES IN 2022

Classes may be used to renew the foster care license.

SERIES 5: ENROLL BY 6/30/22	SERIES 6: ENROLL BY 8/18/22
SERIES 5	SERIES 6
VIRTUAL	VIRTUAL
Tuesdays	Wednesdays
9:30-11 a.m.	6-7:30 p.m.
JULY 12	AUG. 31
19	SEPT. 7
26	14
AUG. 2	21
9	28
16	OCT. 5
23	12
30	19
SEPT. 6	26
13	NOV. 2
20	9
27	16
29: 5:30-6:30 p.m.	17: 5:30-6:30 p.m.
Curbside Graduation	Curbside Graduation
ZOOM	ZOOM

STEP is a program designed to support parents, improve family relationships, and reduce problem behaviors, delinquency and alcohol and drug abuse. We do this by providing a safe space for families to increase family communication and discuss topics that may be too difficult to have at home. Families will learn about the following topics **that include considerations for raising children with complex trauma.**

- Healthy Brain Connection
- Great Communication Skills and Fun Family Meetings
- Limits and Consequences
- Stress and Anger Management Skills
- Alcohol and Drugs Damage the Teen Brain
- Values, Traditions, and Service

- Notice and Compliment the Good Daily
- Rules, Rewards, Responsibility, Routines, and Happy Family Rituals
- Problem Solving and Win-Win Negotiation
- Using Goals and Contracts to Change Behavior
- Choosing Good Friends and Monitoring Kids’ Activities
- Child Abuse Prevention—talking to your children about child abuse



To enroll, contact Anna Loebe, Ed. D. at aloebe@soazadvocacy.org 520-724-5448
 To learn more about the Children’s Advocacy Center of Southern Arizona, please visit: www.cacsoaz.org